Tillgänglighet, säkerhet och trygghet för äldre

Projekt
"Kom så går vi"
“Let's go for a walk”
A project focusing on accessibility, safety and security for older people in the outdoor environment

Professor Agneta Ståhl
Professor Susanne Iwarsson
According to Ståhl, A, 1986; "To be elderly in traffic"

Single accidents account for two thirds of traffic injuries among the elderly.

The risk is 15 times higher for elderly pedestrians to be injured in a single accident than to be knocked down by a car.
Injuries as pedestrians in Skåne 1999 – 2002; 65+
Hospital data. Source: STRADA in Region Skåne

9 out of 10 injuries as pedestrians among older road users are single accidents
Aim;

- *Increased accessibility / usability and safety /security for older people in the outdoor environment*

Means;

- *User involvement*
- *Implementation of concrete measures*
- *Evaluation*
Research District

- City of Kristianstad; southern part
- Appr 3,000 inhabitants
- Appr 20% 65 years or older
- Various types of housing
- Various traffic environments

Time schedule; 2002 - 2005
Participating authorities
Municipality of Kristianstad
Swedish National Road Administration Region Skåne

Participating researchers
Div of Traffic Planning, LTH, Lund University
Div of Occupational Therapy, Lund University

Participating users
All older people (65+) in the geographical district
Method: Pre – after study

• Postal questionnaire survey; all older people in the geographical district (N=560)
  Overview of environmental barriers

• Participant observations (n=11)
  To examine critical incidents when walking in the area

• Research circles; discussions (n=18)
  older persons in the geographical district authorities, associations, interest organisations researchers

• Implementation
Results; Mail questionnaire survey (n=340)

Environmental barriers encountered outdoors in the study district

Winter maintenance
Cycles, Mopeds
Benches
Signalized crossings
Curb cuts
Uneven pavements
Heavy traffic
Results; Participant observations

More benches
Wider pavements
More and better curb cuts
More even pavements
Better regulation of cyclists
Research circles; discussions
To decide on an implementation scheme

Discussion themes

• What is important for older people in the traffic
• What problems do older people encounter in the outdoor environment (*with input from previous studies*)
• Discussions with guests from different authorities
• What measures must be taken
• What measures are given priority
• What implementation strategies will be used
Results; implementation scheme

*Strategy:* benefit as many as possible of the people living in the area; focus on pedestrian routes

<table>
<thead>
<tr>
<th>Older people</th>
<th>Authorities</th>
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<tbody>
<tr>
<td>Accessibility for persons using walking aids; rollator</td>
<td>Simple measures; easy to plan and conduct, not too expensive</td>
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<td>Regulation of bicycle traffic</td>
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<td>Traffic regulations overall</td>
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Example of measures taken

Wider pavement with new surface

Before

After

2004-11-20

A Ståhl, S Iwarsson
Example of measures taken

*New benches along important passages*
Example of measures taken

Slopes and curb cuts along pavements
Effects / experiences so far
An obvious and clear outcome of user involvement

Older people
New ways to better influence responsible parties in society
Real measures conducted in the outdoor environment
Awareness of their own responsibility for their situation and aging process

The municipality of Kristianstad
New experience; small details are more important than large infrastructure measures

The Swedish National Road Administration Region Skåne
Increased knowledge about the needs of older people
A demonstration project worthy all attention and interest from society
Factors for success

• **Trustworthy knowledge;** The experiences and knowledge of the older people themselves is the basis and the point of departure for the project

• **Systematic research methodology;** Triangulation of methods gives high validity

• **Co-operation** between all parties of interest gives a broader perspective

• **Societal perspective;** Health, Safety / Security and Accessibility / Usability.